

# Sauteed Swiss Chard

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-recipe-red-wine-vinegar>

## Ingredients:

- 3 pounds red swiss chard
- 1 tablespoon olive oil
- 4 garlic cloves thinly sliced
- 2 teaspoons sugar
- 1 tablespoon red wine vinegar
- coarse salt
- Coarse salt and ground pepper

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 1.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 460 milligrams
7. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Sauteed Swiss Chard above. You can see more 20 swiss chard recipe red wine vinegar Unleash your inner chef! to get more great cooking ideas.